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Facets

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Amy Clark RD, LD

WELCOME TO

Facets

Facet 1: One of the flat surfaces cut on a gemstone. 2: The point at which two edges of a gemstone meet. 3: The particular angle from which something is considered.

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On the cover: "Lost in Thoughts" by Olga Krasovuska

Contributors



Jolene Philo is a freelance writer and speaker who lives in Boone. She and her husband have two adult children. You can visit her Web site at www.jolenephilo.com.



Nicole Lenz is a freelance writer. She is engaged to be married next spring and currently lives in Clive.



Marisa Myhre graduated from Iowa State University and works for ISU as a mail coordinator at Postal and Parcel. She worked for three years at Hastings as a book manager.



Peggy Best is an administrative specialist for the Center for Crops Utilization Research and the BioCentury Research Farm at Iowa State University. She is married and resides in Ames. She has one son and one stepdaughter, and two grandsons.



Jane M. Degeneffe Zantow is single and has three grown children. She freelances as a photographer, graphic designer, illustrator, muralist and writer. She lives in Ames.



Sue Ullestad has been a kindergarten teacher for 30 years. She is an ISU graduate, and recently completed her master's degree. She lives on an acreage north of Boone with her husband. She and her husband have two grown children.



Kathy L. P. Cook, M.D., is a board certified dermatologist. She works at Skin Solutions Dermatology in Ames.



Ann Green lives in the Des Moines River valley near Madrid with her husband and four children. She's a veteran teacher of 20 years, a member of the Society of Children's Book Writers and Illustrators, and a graduate of the Institute of Children's Literature. She writes stories for young adults and illustrates. Her illustrations have been published in the online magazine "Stories for Children."



Debra Atkinson, M.S., CSCS, graduated from Iowa State where she's also taught in the department of kinesiology for 12 years. She has been a fitness professional — writing, speaking and practicing for 25 years. She runs, bikes, swims and plays golf in Ames with her son and enjoys her Old English Sheepdog.



Amy Clark received a bachelor's degree from Iowa State University in 2003, with an emphasis in dietetics. Memberships include the American Dietetic Association and Iowa Dietetic Association. She is certified in adult weight management. Her goal at Hy-Vee is to increase awareness in the community of the impact nutrition can have on well-being. She encourages people to focus on making healthy lifestyle changes one step at a time.



Candy Anderson lives in Jewell with her husband. She is the mother of two and grandmother to six. She is the food service director for South Hamilton School District. Her days are filled with family, friends and respites in Okoboji. Candy enjoys writing about life experiences and her passion for culinary arts.



Clare Bills is a decorative painter and writer from Ames. She and her husband have three grown children and four grandchildren.



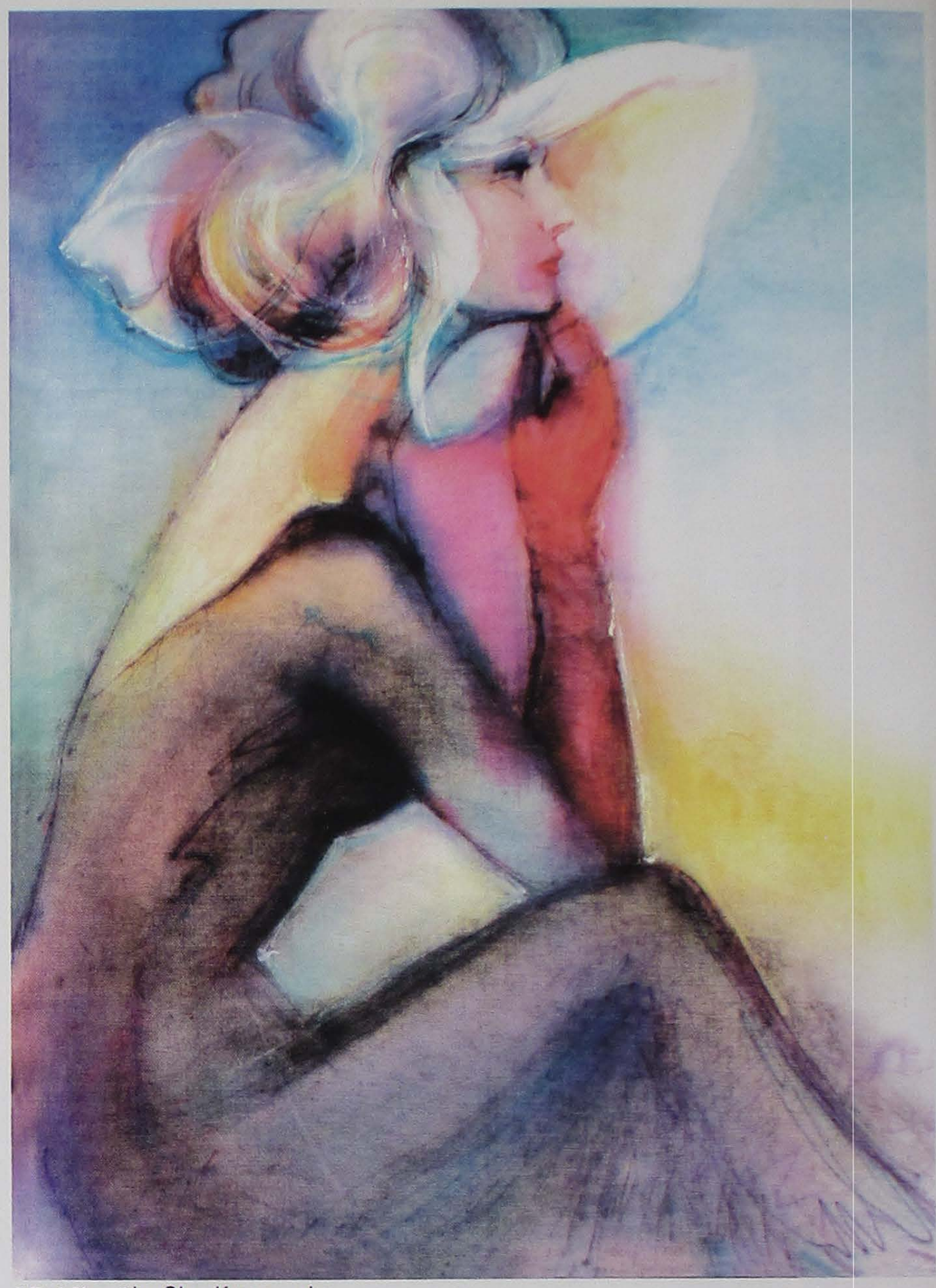
Susan Cross, ARNP, nurse practitioner, has worked at Skin Solutions Dermatology since May 2008. She sees patients in Ames and Ankeny. Her 12 years of experience in facial plastic surgery and more than seven years in dermatology give her expertise in both surgical and non-surgical interventions for the most optimal skin care regimens.



Karen Petersen graduated from Iowa State University in family resource management. She is a certified financial planner, has three grandchildren and can be found on Ada Hayden Lake kayaking.

The Octagon – dedicated to the community and the arts

By SUE ULLESTAD



"Red Glove" by Olga Krasovuska

I had heard of the Octagon and I knew about its emphasis on art. But when I stepped through the doors to visit and talk to the people there, I was truly impressed. I asked my questions, did the tour, and came out loving the place. Here is the Octagon's story.

The Octagon Center for the Arts opened Jan. 23, 1966, in a 100-year-old octagonal-shaped house. The founding mothers were Veronika Ruedenberg, Martha Jo Benson, Priscilla Sage and Janet Harris Squires. The Octagon was moved to its present location of 427 Douglas Ave. in 1973. It is a nonprofit organization with around 55 percent of the operating revenue coming from programming such as art classes, memberships, the retail shop and other events such as the art festival. The remaining funds come from state and city grants, the Octagon Endowment Fund, and donations and sponsorships from the community.

Last year, the Octagon education department, headed by Beth Weninger, organized 120 art classes/workshops that served 825 students of all ages and artistic backgrounds. Classes include drawing, painting, watercolors, print-making, photography, wheel-throwing, jewelry, dancing, knitting, crocheting, felting, weaving, ceramics, sculpture and more. Children's classes are a big hit. "Mommy and Me" art classes host children 18 months to 3 years of age. It is a great way to spend quality time with your child, explore the arts and not have the mess to clean up at home. Art classes for older children are a mainstay. Adult classes are very popular too, especially drawing and painting. Local artist Greg Fuqua is teaching drawing classes in the adult studio. The Octagon offers beginner art classes for those who have never taken an art class before. No one should be afraid to take an art class and just have fun. Intermediate and advanced art classes are offered for those who want to improve their artistic talents. Weninger said she would like to get more middle school and high school students involved in classes, such as juggling, digital photography, dance, wheel-throwing, fantasy painting, and sculpture or to act as helpers/counselors for younger students.

During the summer, art camps are in full swing with waiting lists for each of the six camps. The art camps are offered to children 6 to 11 years old and run for one week increments from 9 a.m. to 3 p.m. This year

Current personnel

Heather Johnson, acting executive director
Phyllis Craig, membership/volunteer services director
Beth Weninger, educational director
Ruth Wiedemeier, Octagon Shop manager
Heather Davis, exhibits manager/Ceramics Studio manager

Octagon Hours

Exhibit Gallery

Tuesday – Friday	10 a.m. – 5 p.m.
Saturday and Sunday	1 – 5 p.m.
Closed Monday	

Octagon Gallery Shop

Monday – Friday	10 a.m. – 5:30 p.m.
Thursday	10 a.m. – 8 p.m.
Saturday	10 a.m. – 5 p.m.
Sunday	Closed





Octagon Art Festival

The 39th annual Octagon Art Festival will be Sunday, Sept. 27, in the Ames Main Street Cultural District from 10 a.m. to 5 p.m. More than 115 artists from Iowa and other states around the Midwest will be on hand with unique, hand-crafted artwork for sale. A children's area will offer hands-on projects. Two stages will provide live entertainment from local groups throughout the day. Local vendors will supply a tasty cuisine. The Octagon Art Festival is sponsored by First National Bank and Pioneer. More than 14,000 people are expected to attend the festival this year.

they offered an optional extended day until 5 p.m.. This year's offerings included Theater Camp, Surreal Camp, Circus Camp, Myths-Legends-Lore Camp and Monster Camp. The last camp, which is the biggest camp of all, is Artist Skills Development Camp for the budding young artist. The children learn art history, receive instruction on process, complete five projects and listen to visiting artists.

School groups are encouraged to come and tour the Octagon and experience an individual art project with their class. Children visit the art gallery and practice "art gallery manners."

The art gallery on the third floor displays exhibits for individual artists as well as various artists of a given art style. The Watercolor Exhibit, organized by internationally renowned Alvaro Castangnet, features 48 Iowa watercolor artists. It runs from Aug. 21 to Oct. 23. The Iowa State College of Design professors will show their artwork during the month of November. The Clay-Fiberglass-Metal-Paper Exhibition will be open from Jan. 29 through April 4. The gallery is also used for workshops, weddings, piano recitals, political meetings, Ames Choral Society, Police Department Academy dinners and was also used this year for a jazz fundraiser.

Volunteers are extremely important to the Octagon. In the past year, 298 volunteers totaling 2,595 hours were utilized. Volunteer activities include assisting with classes, helping out with children's camps, replacing drywall, assisting with exhibit show changes in the gallery, entering new inventory in the retail shop and helping with the annual outdoor art festival. Volunteering is a great way to invest in the community. People interested in volunteering may call the Octagon at (515) 232-5331 or e-mail Phyllis Craig at pcraig@octagonarts.org. Donations of various art materials are received daily with great appreciation.

The Octagon Shop features artwork by 209 artists from Iowa and the surrounding states. Visit the shop for unique artwork and gifts ranging from pottery to jewelry, from greeting cards to kimonos, and from sculptures to paintings. The artwork is exchanged with artists throughout the year to keep options fresh. Commissions are also available to personalize a work of art. If you need a special gift or are just looking for a specific piece of artwork, call the Octagon to assist you. They can help you find just what you are looking for as they have many contacts with local artists. Memberships to the Octagon are also available, which allow discounts on purchases in the shop, exhibit items, a nearby frame shop and art classes.

For 43 years, the Octagon Center for the Arts has provided the community of Ames and beyond with numerous opportunities to experience the arts. Support from the community enables the organization to touch approximately 33,000 people per year of all ages.

39th Octagon
ART FESTIVAL



over 100
juried artists





Kids
Craft Area





Tasty
Cuisine





Live
Entertainment





Sunday, Sept. 27
Main St. Ames 10-5 pm
FREE ADMISSION
www.octagonarts.org

Masterpiece or paint-by-number

By DEBRA ATKINSON, MS, CSCS



It is not hard to get started in an exercise program. It's just easy to get derailed with your intentions, even once you're on the track. What's derailed you? Family, work, injury, travel, tragedy or a combination of the above? Surely, it's not for lack of evidence about the importance to your health.

Scientific evidence supporting exercise is everywhere. Decreased risk of heart disease, cancer, diabetes, reduction in anxiety, depression, improved sleep, metabolism, concentration, productivity, fertility and more abound. Find a malady and you will likely find somehow that exercise is the best method of self-medicating.

Has exercise, working out, or "hitting the gym" become too scientific for you? Do you find that the Body Bug, the heart rate monitor, the pilot on the stationary bikes imply to you that you need to have your aeronautic engineering degree in order to warm up? Maybe it's time to re-examine the balance of the art and science of getting more out of your life through physical activity.

The science behind exercise applies to heart rate, zone training, sets and repetitions and how they should progress to help you both stay safe and see results. Even newer methods of detecting, predicting, reminding, and recording information emerge. Yet the art of finding the activity that speaks to you like the pieces of art that you're drawn to in a gallery, or that you drag home on your lap from vacation is more mysterious and personal. Art is in enjoying something enough to have it present most days of your life and wanting to repeat it often. You wouldn't paint your bedroom a color you didn't want to see regularly. The last time you chose "practical" clothing over something you really loved, how many times did you wear it? So it is with exercise. If you find yourself on a treadmill and hear yourself saying that you hate it over and over in conversation, keep searching.

Paint by number

There is nothing wrong with monitoring heart rate, and for some having a goal of maintaining that is an amazing tool that will catapult results. Make sure that this approach feels like a game and is a welcome addition. Certainly it can serve as a source of both distraction and motivation. But it can also kill the chance to just let your mind wander and go somewhere for a short time that requires no particular planning or attachment to your thoughts. If you've never thought you could meditate, you could be mistaken. Very often runners, swimmers, cyclists and other regular exercisers do. Allowing thoughts to come in and out, not staying attached to any one of them, nor attempting to solve some mystery of the world, is meditation. It comes easily when you perform rhythmic kinds of exercise.

Shrinky dinks

If you're caught up in the counting of hundreds of repetitions and compelled to perform sculpting exercises for body parts that either repeat, surpass or require more weight than the time before, there's likely little art to what you're doing. Not that artists themselves are not somewhat a compulsive, delusional bunch, but if great art breaks the rules, so too might a good exercise program that keeps you engaged. The art comes first.

String art

The line of machine weights you'll find in fitness centers serves a wonderful purpose. They are not the end all, as nothing is. How do you feel about dressing in a uniform? Even following the latest fashion trends isn't right for some. There are some things that you just know you should not wear. Like you choose fashions that flatter your shape and make you feel good, you should choose your exercise routine. Yes, potentially the two may be at opposite end of the continuum at times. The exercises you need now to overcome compensations or work through a physical therapy issue might not be the ones that take you to your "happy place." Ultimately, they will. They will make movement feel better; open up options you didn't have before, and launch your journey.

Treat yourself as the masterpiece you already are. You don't need fixing, touching up or reframing. You're there. If you knew that, how would you approach your exercise? In order to preserve, celebrate and elevate your life experience?

Garnish your meal

By AMY CLARK, RD, LD

Decorating with food serves several functions. It is pleasing to the guests and sets the style of the meal. Since garnishes are most often made with fresh fruits and vegetables, they give your table a healthful image. Food garnishes can cost very little if you use inexpensive cucumbers, carrots or apples, and the tools you need are usually right in your kitchen drawer.

Consider these tips for making garnishes more easily and more beautiful.

• Use a sharp knife. Dull knives won't make clean cuts and cause more unsightly damage to the fruit or vegetable. Of course, always practice knife safety.

• Ask yourself, "What style do I want the garnishes to present?" If you want to carry your meal theme throughout your table and presentation, use appropriate table linens and food decorations.

• Use variety in color, texture and shape when choosing garnishes. Make sure that they complement the food served. You might want to use the whole, raw ingredients from some of your dishes — for example beans, corn and peppers — to accent your meal.

• To decrease last-minute worries, it's a good idea to make garnishes before getting involved in the final tasks of meal preparation. Most garnishes can be made a day ahead. Just place them in airtight containers or wrap in clear plastic wrap and refrigerated until the next day.

• To prevent discoloration, use full-strength lemon juice to dip cut apples, pears, bananas and other fruits that have a tendency to turn brown in the air.

• Once the garnish is placed on the table, you can spritz each one with some cold water to keep them fresh-looking.

• Make your buffet table more interesting by elevating some of the dishes. Place wooden blocks, pans and boxes under a napkin or tablecloth and place the dish on top.

Garnishing with food is fun and easy and you'll get better with practice. Food decorating makes the meal more appealing and your table more welcoming. Are you in need of some garnishing "how-to's"? Here are some simple ways to add creativity to your food!

• **Carrot Curls:** Using a vegetable peeler, cut thin lengthwise strips of carrot. Roll each carrot strip up and secure with a toothpick. Place in ice water for several hours to curl. Just before garnishing, remove toothpicks.

• **Fluted Cucumbers or Zucchini:** Draw the tines of a fork lengthwise down a cucumber or zucchini; repeat all around the vegetable. Cut crosswise into slices.

• **Lemon Twists:** Cut 1/8-inch-thick slices from a lemon. Cut halfway across each slice, stopping at the center, and twist the ends of the slice in opposite directions.

• **Strawberry Fans:** Use fresh strawberries with the green tops still attached. Cut four thin slices with a paring knife lengthwise through the strawberry, leaving slices attached just below the hull. You can use wine glasses for smoothies or desserts and place the strawberry fan on the rim of the glass.

• **Sugar/Cocoa Designs:** For a festive look, create a powdered sugar or cocoa powder design on top of an unfrosted cake or bar cookies. Simply cut a pattern from a sheet of stiff paper. Place the paper on the cake and sift the powdered sugar or unsweetened cocoa powder on top. Carefully remove the paper after sifting.

This information is not intended as medical advice. Please consult a medical professional for individual advice.



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LET ART TAKE YOU SOMEPLACE

By PEGGY BEST

There are many forms of art. Some people appreciate paintings, some find pleasure in sculpture, some in things so abstract you have to just realize that beauty can only be in the eye of the beholder. I feel that art should be a journey that takes you somewhere. Maybe a color that drums up a childhood memory, or perhaps an inner journey that touches your soul. To me art, in its most amazing form, is nature's creation. Think about the beauty and "art" in nature that could never be replicated by human hands.

Recently I saw a 3D-IMAX movie about the ocean. There were living animals shaped like their surroundings. A huge stonefish that looked like a chunk of poured concrete with eyes; a beautiful leafy seahorse that propelled through the ocean with grace; and two angry male squid changing colors every second as they vied for the attention of a nearby female squid. There was a combination of unsurpassed beauty and unbridled oddities that blended perfectly together to create the mysteries of the deep.

And it's not just oceans, beautiful mountains, and things far away that take our breath away. Our own neighborhoods are filled with spellbinding creations if we take the time to look. Hold a flower up close and examine the intricacies of it, study the beauty of a butterfly, or watch a hummingbird in flight.

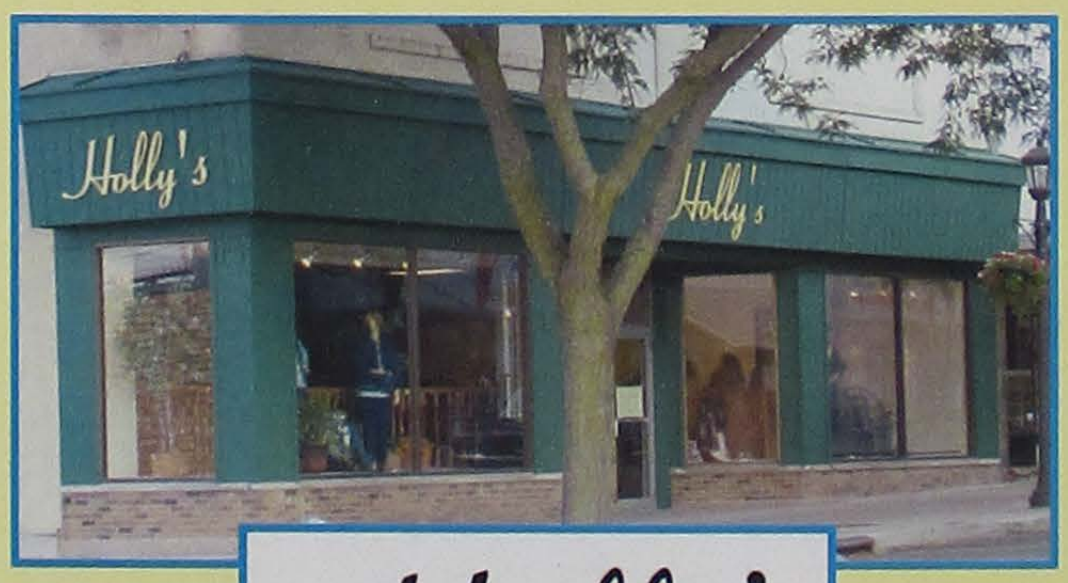
You also have to admit that there exists a sense of humor with some creations. There are some very peculiar things in nature that really make you think "what's up with that?" For instance, what about a huge pink bird standing on one leg the diameter of a drinking straw, or have you ever considered how odd that grass doesn't have any scent to it until you cut it?

Taking a walk along the trails in Northern Minnesota reveals trees that almost sing as they sway in unison with the wind, the brightest blue sky filled with ever-changing puffy white clouds, the golden sun reflecting off the lake, and the blackest of nights with millions of stars. I see beauty in all of these things, and I think how sad that many people take for granted the beauty of nature's art available to us every time we step outside our door and don't take an extra moment to view a gorgeous sunrise or a spectacular sunset. It gives me pause and humbles me that my creator would take the time to paint that picture just for me, and just for you.

I am also in awe when I think about the galaxies and how itty bitty our planet is. We are just one little speck in the universe, and yet so complex down to our DNA that it is all unimaginable. I heard recently that a scientist could take an individual's DNA print-out, rotate it on its side, and then turn it into sound waves to create music. Just think, each individual on this plant has their own song.

You can line your walls with all the paintings in the world. For me, I think I'll just take a little walk outside.

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Small town treasures

By ANN GREEN

Years ago I spent a week on the shores of Edisto Island. Every time I found a jet black shark tooth or a piece of smoky green sea glass I'd snatch it up and tuck it in my pocket. Hidden treasure, I thought. Of course, they weren't really hidden. They'd been tossed onto the beach by the waves. All I had to do was look. Going to the grocery stores in Boone is kind of the same thing. Right there in front of my face was another treasure.

In hindsight I've wondered, just how many times have I strolled through the stores' doors, my grocery list clutched in my hands, and zipped past the "Boone Jam" posters? Well, I'd still be missing them if it wasn't for my neighbor, Shirley Snider.

At 78 years-old, Shirley's not your typical sit-at-home-and-bake-cookies sort of "older" neighbor (I use that term loosely because, I swear, she could run circles around me). Don't get me wrong, she does bake a mean apple pie and mouth-watering cinnamon rolls. But come Friday night you won't find Shirley sitting at home watching "Wheel of Fortune." She'll be center stage, decked out in her red cowboy boots and fancy western wear, belting out a tune for the crowd.

Shirley grew up with music. As a small girl she sometimes sang with her father's country band, took piano lessons and sang in the school choir. She spent the majority of her teen years at the local skating rink waltzing around on roller skates. (I mean that literally. She actually waltzed and did the two-step on roller skates).

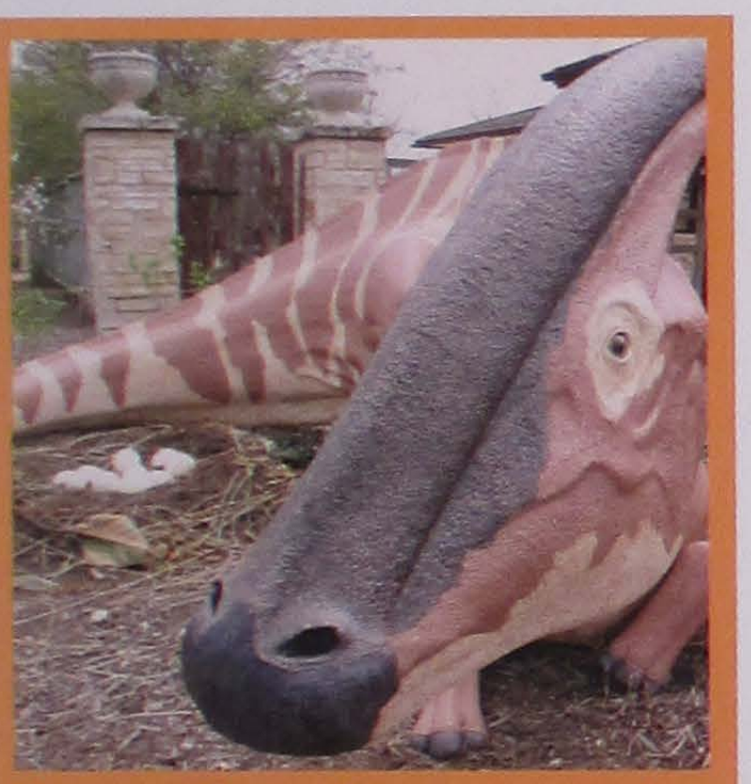
In 1949 she married Don Snider. Early into their marriage, they learned to compromise. See, Shirley was into big band and Don was into country. Dancing took the place of roller skating. They went to dances in Perry, Clear Lake and the old Val Air in Des Moines. They followed their favorite bands to Marshalltown and Fort Dodge. They saw some big time musicians: Louis Armstrong, Johnny Cash, Wanda Jackson, Merle Haggard, and so on and so on. In time, Shirley learned to like country music (truth be told, she likes most all music). They worked their jobs, raised two sons and still found time for music.

By the late 1990s, Shirley's friend told her "you ought to come to the jam." In 1997, Shirley attended her first jam at the Luther Community Center. She was hooked. Technically, the Luther Jam was more structured than a typical jam, which is, by definition, an impromptu and/or improvisation of a musical composition. In the community center professional musicians (some of them played in other bands) met once a month to play their music. While audience participation was encouraged, it took awhile before Shirley took the stage. She'd been singing in her church choir and she swears the first time she sang a country song she sounded like she was still in church. Of course, it couldn't have been that bad; for the next four and a half years she sang at the jam. The jam drew crowds that packed the building and prompted audience members to bring their own chairs.



Shirley Snider plays the piano.

Now Shirley attends three jams, all starting at 7 p.m.. There's a jam at the Boone Senior Center on the second Friday of the month. The next week she is at the Ames Jam which is held at the Ames Senior Center and on the fourth Friday of the month she is at the Boone Historical Center. You might find her playing the drum, or the piano, or behind her mike belting out a country song, a classic such as "Sentimental Journey," or a seasonal tune. Always, audience participation is welcomed — some members share a song and some dance along to the music.



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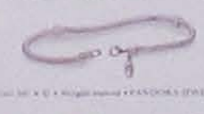


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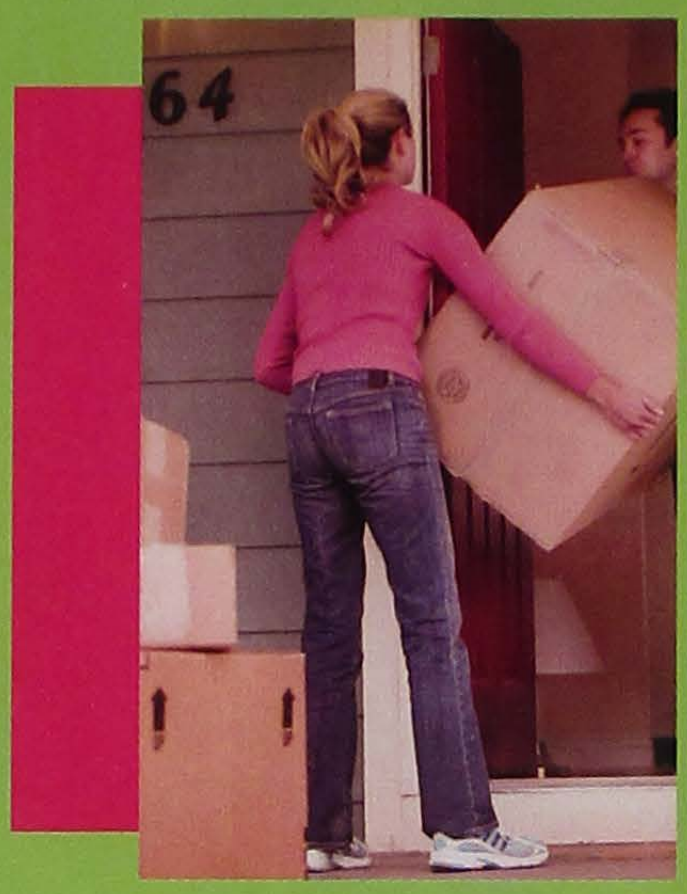


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Plan your fall skin care evaluation



By SUSAN CROSS, ARNP

Summer days are quickly fading soon to be replaced with fall carpools, school schedules and busy kids. Every mom knows that for the next nine months the schedule ahead is far different from the more carefree days of summer. Before sinking into this routine, it is time to take a look in the mirror and take note as to whether you see the remnants of the summer sun. Are those dark patches sun spots or freckles? Is there a new mole or traces of a healing blemish? And if you take a closer look in a magnifying mirror, do you see fine lines around the eyes or lips?

If you have sun spots, blemishes or fine lines remember that what took three months to show up this summer can take 8-12 weeks to erase this fall. September is the month to plan your fall skin care evaluation. The Reveal Imager, a computerized photo evaluation, can expose the underlying damage of summer's rays. It's not too early to get started with a basic skin care plan that helps to correct and prevent sun damage. A daily regimen should consist of exfoliation, Vitamin A, Vitamin C and sun-protection.

Exfoliation may include cleansers (with glycolic, lactic, or salicylic acids) or topical creams (alpha hydroxyl acids, retinols, or retinoids). More aggressive intermittent exfoliation may include microdermabrasion or peels. There are a multitude of cleansers and topical creams both over the counter and by prescription. Read labels and look for the appropriate exfoliation products for your skin type.

Vitamin C is the most overlooked product in a skin care regimen. As an antioxidant, it reduces free radical damage and helps to reduce skin dryness and irritation. Some prefer a silky emollient cream while others prefer a serum, the latter being the most effective. Men and teenagers also need Vitamin C in their skin care regimen, but finding the proper vehicle is of the utmost importance, while keeping cost at an appropriate level.

The third element of skin care, Vitamin A, is found in products labeled as a retinol or in its purest form, Retin A. These are commonly found in prescription acne products such as Micro-Retin A, Differin, Tazorac or generic Tretinoin. Those being treated for acne may already be doing this step without realizing its importance to their skin care regimen. Less aggressive products are retinols, which are much easier to tolerate. Start out slow with a retinol and build up your tolerance to more aggressive products to avoid the side effects of redness and peeling. Vitamin A products increase skin cell turnover and can assist in fading summer pigmented spots when combined with skin lighteners.

So if you thought you could put away that bottle of sunscreen, "NO" is the answer. Finding the right sunscreen is important for use year round. The product you use in the summer may be different than in the winter due to Iowa's harsh dry winters. If your moisturizer or makeup have sunscreen in them, do you know what the active ingredient is to give you the right amount of protection year round? Learn to read labels and look for an active ingredient of parsol (avobenzone), zinc oxide, or titanium. At minimum, you need to choose a product with SPF 30 for UVA/UVB protection with one of the above active ingredients. If you can't find an active ingredient in the product label of your moisturizer or makeup, it isn't adequate. If you're concerned with avoiding the "white ghost" appearance or the annoying sunscreen fragrance, know that these concerns can be eliminated by using professional products sold in dermatology offices.

Incorporating these four elements of basic skin care will help you to start both a corrective and preventative regimen for a healthy, radiant complexion. Additional products may be added to treat fine lines and more aggressive skin lightening. The newest products on the market include hylauronic acids, peptides, growth factors, and antioxidants. These are products that feel good on your skin, repair skin barrier function, and create a plump healthy look. September is the month to start a regimen in time to give your skin a beautiful holiday glow.

Susan Cross, ARNP, nurse practitioner, has worked with Dr. Kathy Cook at Skin Solutions Dermatology since May 2008. Call (515)232-3006 for more information.

Seven secrets

to surround yourself with splendor

By CLARE BILLS

Fill your home with beauty and you fire the senses and feed the imaginations of you and your family. Pablo Picasso said it best: "Art washes from the soul the dust of everyday life." When you walk into a home that is alive with color, movement and texture, the décor speaks volumes about the inhabitants. But art isn't limited to photographs, paintings or sculptures. Exotic area rugs, ornate vases, pottery and accessories fall under this umbrella along with gorgeous fabrics used as window treatments, pillows and throws. And of course, the walls themselves can be transformed into an artwork.

As a decorative artist, I use not only the walls, but the fifth wall — the ceiling— to enhance environments. Sometimes the finish is chosen to be a background for paintings; often the decorative finish becomes its' own statement. Either way, the presence of art is a key ingredient to transform a house into a sanctuary. Our homes should reflect who we are what we value.

This may sound simple, but for many the task is daunting. Where should you begin? If your goal is to inspire you and your family, start with the rooms you use the most. Typically this would be a kitchen, family room or living room. Wherever you and your family spend quality time together should become a haven that expresses your family's unique personality. Begin with one room and consider the following ideas to transform your family space into a refuge:

• Watch what your walls are wearing. Are they dressed to suit your personality? Does the color work with your furniture or fight it? Whether bold or beige, make sure the palate is harmonious.

• Try textures for touchability. Bring in added depth through textured walls, or the illusion of textured walls through layers of color. Choose fabrics for furniture, rugs and windows that are pleasing to your fingertips. Accessorize with flowers, plants, feathers and pillows.

• Display vacation memorabilia for instant micro getaways. Framed art, pottery, wall hangings, shells or photographs will bring you back to a family adventure.

• Treasure family heirlooms. Whether you frame your child's baptismal gown or first pair of shoes or you display great grandma's chair, you'll be connecting with important family memories.

• Exhibit children's art. Use a large bulletin board, or a magnetic white board to show off your children's or grandchildren's drawings. Some parents even choose a few special paintings to frame for the walls or over the mantle.

• Bring nature inside. The great 20th-century painter Marc Chagall said, "Great art picks up where nature ends." Using live plants and flowers livens up a room. Tree branches can be used to hang curtains or can be potted for an added rustic touch.

• Create a focal wall. One very dramatic wall — even in a sea of beige — can transform a room and lend it some personality. One of my favorite client projects was a fireplace wall in a family room. I troweled the entire wall with Venetian plaster and then colored it with crushed rock, metallic paint and a rich glaze. The area above the fireplace got extra attention as I pressed leaves into plaster. The effect warmed up the room with rich color, texture and touches of nature. This timeless technique spoke volumes about the family who live there.

As you cast a critical eye around your home, challenge yourself to transform one room with elements of art. Use this space as a haven to "wash away the dust of everyday life."

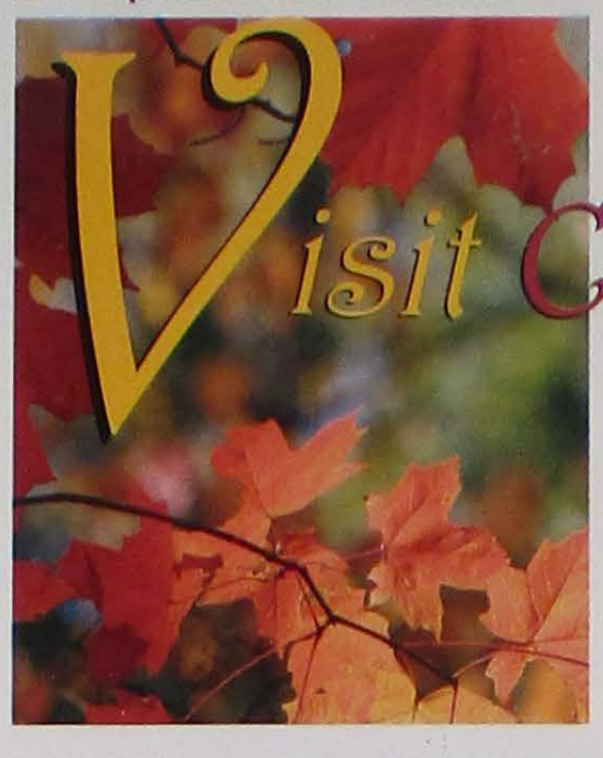


This fireplace wall was troweled with Venetian plaster and then colored with crushed rock, metallic paint and a rich glaze.

Wherever you and your family spend quality time together should become a haven that expresses your family's unique personality.



This area received extra attention with leaves pressed into the plaster.



Stop by **Quilting Connection**, 238 Main Street to see, Gobble, a new fabric line from Sandy Gervais, Moda. Rich fall colors and themes with endless possibilities for quilting and crafting.





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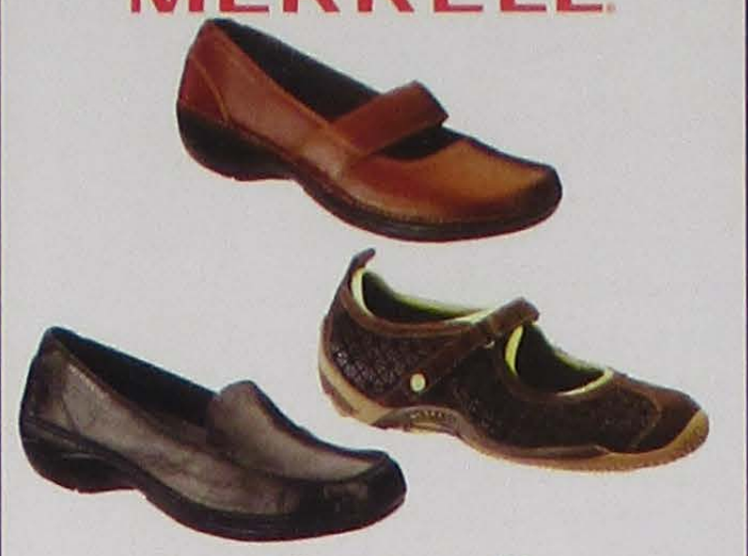


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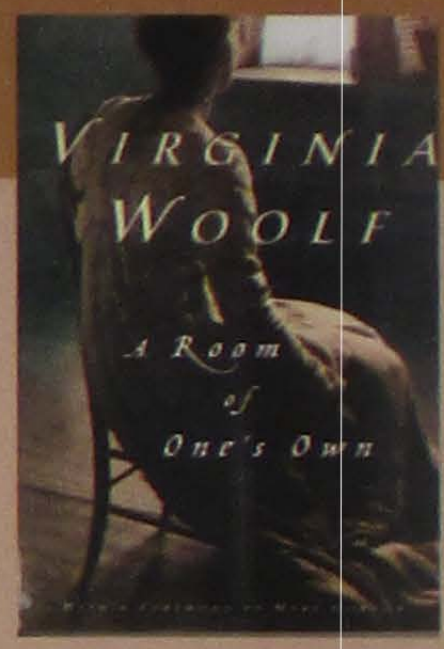
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[BOOKNOTES]

VIRGINIA WOOLF'S 'A ROOM OF ONE'S OWN' AN INSPIRATION TO WOMEN

By MARISA MYHRE



This month I issue a challenge. The book I'm going to recommend isn't a light easy read. It will take some work to get through and real devotion to finish, but it's well worth it if you're up for a challenge.

Around graduation time a friend of mine asked me what books a person shouldn't be allowed to graduate college without reading. One jumped immediately to mind, the book I would ask you to attempt to read.

It is my firm opinion that no woman should be allowed out of college without reading Virginia Woolf's "A Room of One's Own."

Originally this was intended to be a speech on women's writing Virginia Woolf was asked to give to a British woman's college in the late 1920s. It was supposed to be an hour-long talk about women and fiction. She added to her speech before publishing this book, making it considerably longer and allowing it to reach out to future generations.

She tackles the question of why there isn't more; why there isn't a tradition for women finding their own places in the world that had drastically changed for women at the close of the World War I.

In "A Room of One's Own" Woolf records almost a stream of consciousness of how she came to the conclusions she offers. She starts with a walk across a beautiful men's college, sitting by the stream as brilliant ideas come to her, only to have them interrupted by a fussy college representative that wants this woman, as she is obviously not a student, off the tender grass.

Seeing this and many other ways women seeking knowledge are turned away she realizes it's no wonder there isn't a rich history for women to follow, but there are other reasons beyond that.

What a woman needs to write brilliantly, she decides, finding the title for her book, is a room of one's own. She reflects that since her aunt's death and bequeathing of a generous sum each year, she has a room of her own and money enough to sustain her room and her writing. She doesn't have children and guests and husbands calling for her attention, which allows genius to flow. While people like Jane Austin may have struggled through a line at a time, hiding their writing from visitors and family bringing constant distractions, how many women could manage that?

She brings to light the famous example of Shakespeare's sister. What would happen, she asked, to a woman born into Shakespeare's family, his sister perhaps, with genius equal to his despite the lack of education, overrun with inspiration and no where to put it? She would end up buried, forgotten at a crossroads, a word of her writing never seeing the light of day, Woolf tells us. And how can it be anything but true when we don't have any Shakespearean sisters in our history?

These examples gave me a feeling of empowerment. In 80 years it's startling to see how far women have come even since Woolf's time. It made me feel proud that I could do so much, that an education is out there, and I'm inspired to go out and get it. It also makes me feel the need to use my talents. To go out and stretch my legs just because I can when so many women for so many years haven't been able to.

I would hope this book has the chance to inspire other women, to drive them to go out and do what they can. I would suggest that readers pick up this book when they're feeling a little low on morale. When there's some goal you want to accomplish — going back to school, writing something that's been inspiring you, taking a painting class or taking on a big project at work — I would suggest you reach for this book and be proud of the fact that society will give you the tools you need to accomplish this and run with the energy Virginia Woolf is offering you.

If you're willing to devote yourself to reading this book, I hope you will find the inspiration I was given and new energy to do what you are driven to do.

Des Moines Art Center has a lot to offer

By NICOLE LENZ

Art is a great way to lose oneself in a world of mystery, imagination and creativity. This fall the Des Moines Art Center hosts many events that are sure to entice those of every artistic background and ability. With free admission for many events, all ages are welcome to come indulge in the world of art for a price that is just right for these tough economic times.

"We're lucky enough to be located in Greenway Park," said Christine Doolittle, marketing director at the Des Moines Art Center. The park is open to anyone who wants to enjoy a stroll in the sun or just enjoy the outdoors. Children can pick up a backpack full of fun activities that encourage them to be artistic and learn while in the park. While there is a small fee for the public pool located nearby, the rest of this area is absolutely free. "We've got an incredibly beautiful rose garden where families can take a picnic in" Doolittle said.

In addition to educating young souls on the wonders of art, gallery guides are available at the center, and quarterly newsletters offer information on all exhibits. The Art Center goes to great lengths to educate people not only about the intricate pieces and exhibits, but also the artist behind the masterpiece. "I think it becomes much more meaningful," Doolittle said.

> **"I think we are making history right now."**
> **Christine Doolittle**

She said that free tours to fourth-graders in select communities educate youngsters about the current collection. Gallery talks are open to all ages where curators or directors will talk about a work of art. "We also have a program called conversations on art," she said explaining that the program consists of a casual setting where artists, and sometimes curators or writers, will lecture on a body of work or exhibition.

Doolittle especially enjoys the chance to bring in featured artists for visits. "Most of the works that we bring in are from artists that are living and working today," Doolittle said. "It's really exciting."

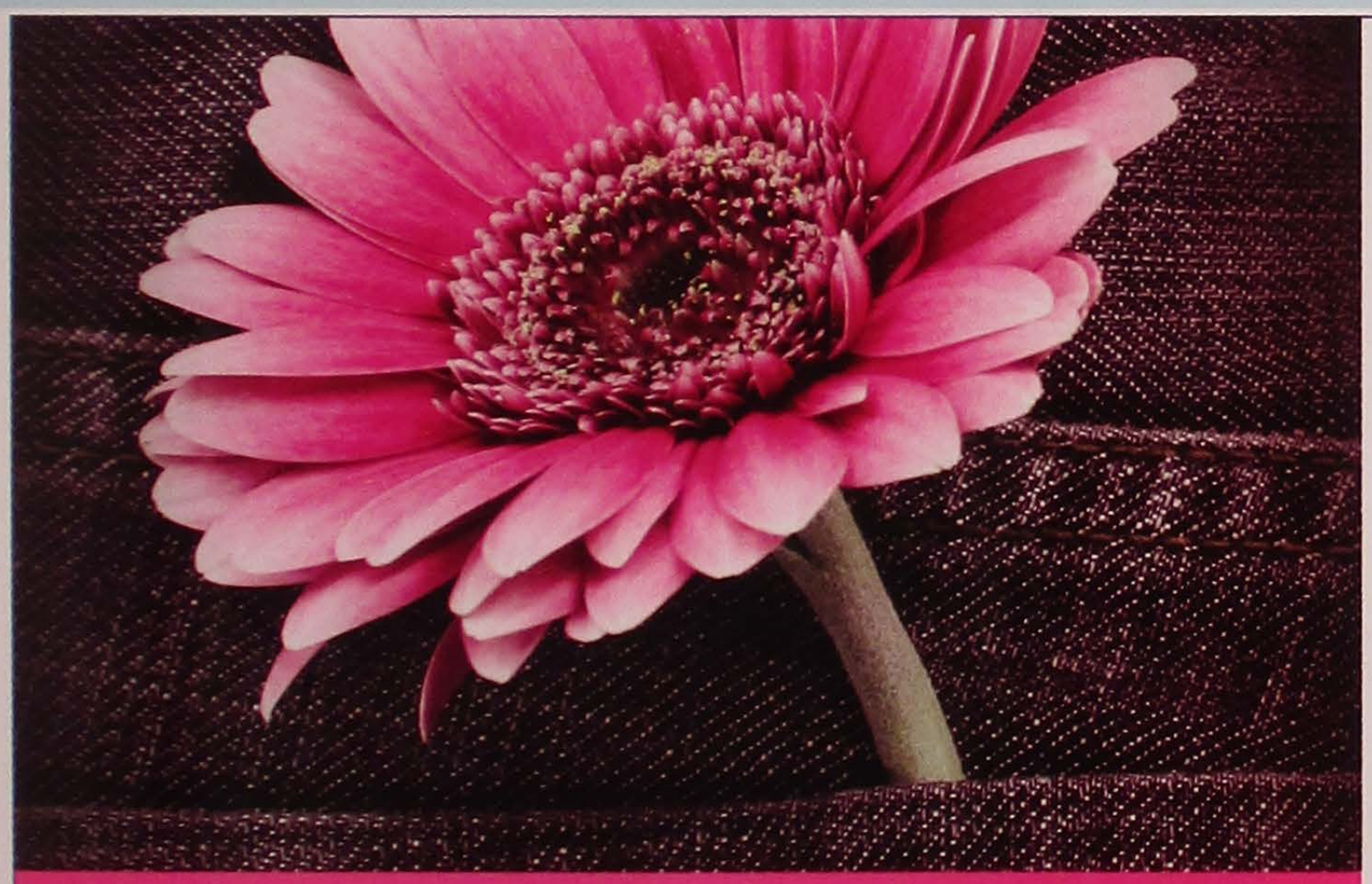
This fall is an especially exciting time to get over to the art center. "I think we are making history right now," said Doolittle. On Sept. 27, from 1 p.m. to 3 p.m., the grand opening for the Pappajohn Sculpture Park will kick off with refreshments, live music and tours of the newly installed sculptures donated by John and Mary Pappajohn. Located in western Gateway Park between Locust Street and Grand, the sculptures add to an already beautiful area.

"It started a little over two years ago," Doolittle said of the Sculpture Park's construction. Many of the sculptures are from the Pappajohn's own yard. "They thought, let's make it public." Of course, admission will be free for anyone looking for an afternoon of fun.

As well as the new park, the art center has many new and exciting events planned for this fall. A preview party for an event called Return to Function, at which a group of artists cleverly create art in a number of different ways. "For instance, one of the pieces is a big soft suit you can put on," said Doolittle of one of the form-follows-function types of work. Many of the pieces are humorous and will lend an imaginative feel to this outing.

Back by popular demand on Nov. 1, there will also be an exhibit called Day of the Dead, a traditional Hispanic celebration where there will be food and dance music. "It's believed that the souls of the people that have recently passed come back and enjoy worldly pleasures," Doolittle said.

With many new exhibits and a brand new sculpture park, the Art Center is making waves in 2009, and hopes to keep it up in the future. "I hope we continue with the momentum," Doolittle said. "I hope to engage members of the community that maybe haven't experienced the art center before."



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Time: Registration begins at 4:45 p.m.
Program begins at 5:15 p.m.; ends at 8:30 p.m.

Location: Bessie Meyers Auditorium, Mary Greeley Medical Center

Admission: $10

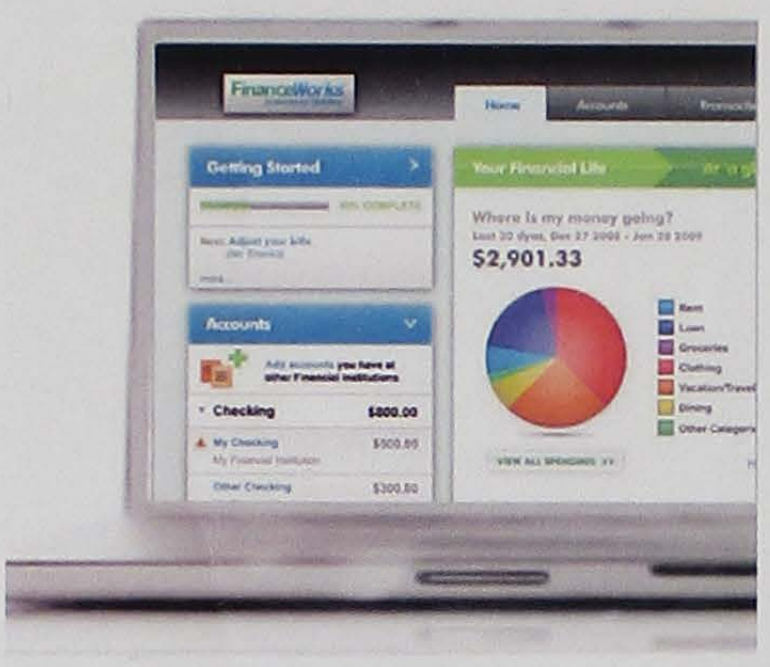
To register: Limited seating. Reserve in advance. Call the Cancer Resource Center at 515-956-6440 or 866-972-5477

Join us in welcoming Lillie Shockney, author, administrative director from the John's Hopkins Avon Foundation for Breast Cancer and breast cancer survivor. Shockney will speak about the personal and medical challenges of a cancer diagnosis. Enjoy a jeans fitting session and fashion show, lessons in bouquet design, appetizers and dinner, health care information, and much more.

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They Are Gone

By KAREN PETERSEN

As you read this most of the kids are off to school. No matter what the age of your child, there is a big adjustment each year when it is time for school to begin. It could be the first day of kindergarten, new classmates, a teacher with a no-nonsense reputation, the intimidating shift from elementary to middle school, or the long awaited freedom from mom and dad's rules; leaving home for college.

As I think about my children's school years, the time from kindergarten to college flew by so quickly. I cried the first day of kindergarten and before I knew it I was crying as I left my youngest in a make-shift dorm in Kirksville, Mo. I guess that's just what moms do.

The tear were temporary and I quickly adjusted to a childless home; it is nice to not be responsible for enforcing the rules or supporting a child but … will that always be true?

They are back: Boomerang kids could be arriving soon

Tough economic times increase the chance of children returning home for financial stability. Census figures from 2003-2004 estimated 65 percent of recent college graduates moved back in with their parents.

According to the Bureau of Labor Statistics, 10.9 percent of 20 to 24-year-olds were unemployed in September 2003. The jobless rate for 25 to 34-year-olds had also risen to 6.3 percent. Unemployment and student debt made the decision to move a matter of economic necessity.

Does this sound familiar?

Given the economic conditions, boomerangs may be turning up on your doorstep soon. How will you respond? Will you tell your child they are on their own or will you welcome them home with no expectations? Each family and circumstance is different; there is no plan that works for everyone. Just in case you anticipate a child might return, here are some ideas to consider.

Will you let them move in?

This probably is not the time for tough love. You may not want another body in your home or another mouth to cook for but helping early may be a wise financial decision.

Maybe you could think of the child as a source of income. How? You could charge rent.

Here are ideas that have worked for others

Insist the boomerang kid accept responsibility to pay rent or contribute to the household in a tangible way. Paying rent can take many forms; it can be money or it can be payment in kind. Have a family meeting and negotiate the contribution. A first step is to ask the returning child to suggest reasonable rent or household chores.

And responsible is the optimal word; be specific about the details so all are in agreement. It can be easy to lapse into the role of being taken care of and fail to be a contributor.

The return is temporary and a one-time event: This is a time the boomerang kid makes a transition, based on a clear-cut need.

What kind of needs create the boomerang kid?

- Loss of a job
- Reprocessed home
- Going back to college
- Overwhelming debt
- In transition while partner begins a job in another location

Transition means temporary: Set a departure date. It could be six weeks or it could be six months; each family has different circumstances. Do not link the departure date to an event like finding a job.

Money lessons. This is a good time to establish a spending plan and a method to eliminate and avoid debt. Here are ideas to talk about:

Spending plan

- Track all income
- Identify fixed expenses
- Realize how much money is available for discretionary spending
- List all debts
  - Balance
  - Interest rate
  - Minimum payment
- Make a plan to eliminate all credit card debt

Take care of yourself. You get to choose how much you are willing to help. It is easy for children to think their parents are wealthy and have unlimited resources.

Your children have a long life ahead of them to become financially secure. You may be close to retirement; there is no need to feel obligated to contribute more than you can realistically afford.

And if you need reassurance that is OK to limit the amount you help your child, Linda Perlman Gordon, the co-author, with Susan Morris Shaffer, of a boomerang book for parents titled "Mom, Can I Move Back In With You? A Survival Guide For Parents of Twentysomethings," says help can turn into a crutch very quickly: "Parents who are actively engaged for longer periods of time can really disable their children in some way. They're just more easily defeated."

So be the wise parent; help your child become independent.

Because life is ... more than money!

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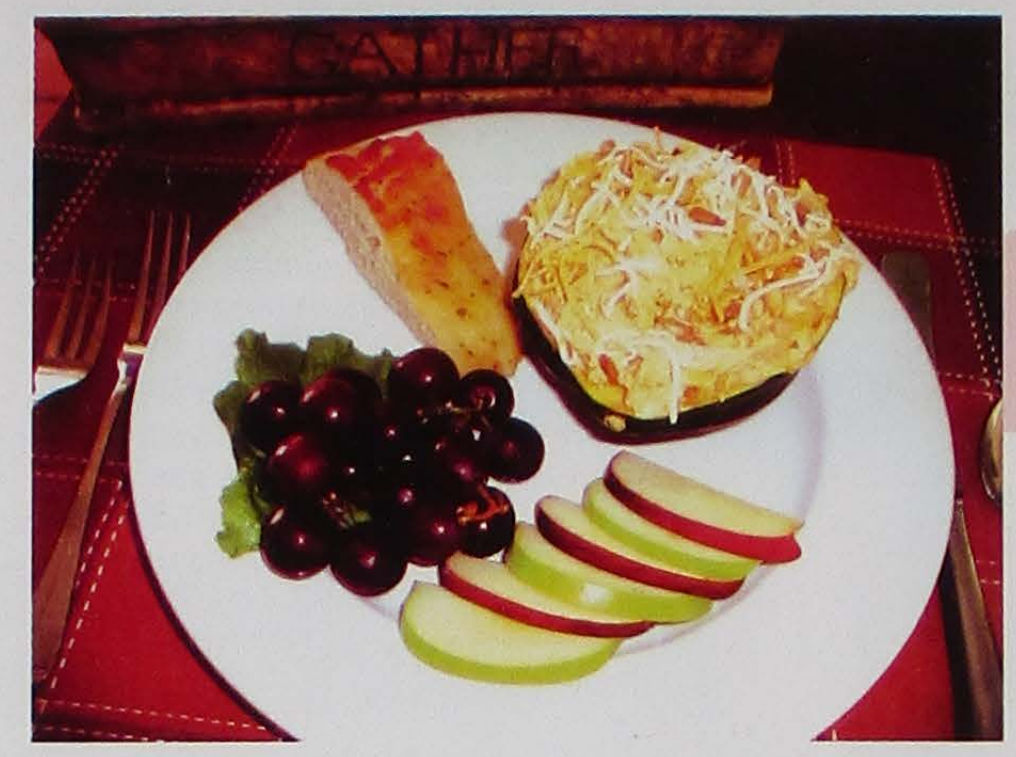
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Beautifully presented meals need not wait for a special occasion

By CANDY ANDERSON



The appeal of the creation was immediate. Colorful elements, uniformly shaped and symmetrically arranged, drew me into a discovery of texture, depth and an intricate weave of dew-like sheen. A palette of greens, golds, reds, oranges and browns sat before me and I couldn't resist further exploration. I picked up my fork and speared my first bite of an exquisite Cobb Salad so artfully arranged that it may well have been presented for critique at a local art fair. Each ingredient was precisely cut and arranged upon the ceramic canvas, grouped by color and texture then drizzled with a final glaze of an herb-laced vinaigrette. The result was a collage of epicurean ecstasy.

I prepare salads at home and have even put together a pretty tasty Cobb Salad on occasion but never have I created such a masterpiece. Not that my salads lack colorful, fresh ingredients or a well-balanced vinaigrette, or even some attempt at a pleasing arrangement. I enjoy cooking and have been told I do it well, but do I take the time or put forth the effort to present myself with artistic culinary masterpieces? Rarely. And therein lies the difference between my self-designed Cobb Salads at home and the one presented to me at my favorite café.

It has been said that one eats first with one's eyes. I know I do. Then, why do I, day after day, tear up some lettuce and veggies on my plate, top them with leftovers from the frig and sit down to half-heartedly eat them? Why do we sometimes eat on disposable plates at our house while our beautiful dishes stay unused in the cupboard? And, why can I make beautifully presented meals for company but not for my husband and I? The answer has to be that I have not put enough importance on the visual, artistic aspects of cooking. I have not deemed ourselves worthy of the extra time and effort it takes to prep, cook and present our meals in an eye-appealing fashion. Oh, but we are very much worthy.

Fall offers us a rich color palette to create some of our favorite cooler-weather favorites. Think of the kaleidoscope of apples available at local orchards and visions of a simple bowl of assorted apples artfully adorning a dining table come to mind. Thinly wedge those apples and pinwheel them on a platter with assorted cheeses and you have elevated them to a showcase dessert. Pick up some pumpkins and squash at the Farmers' Market and you instantly have a colorful fall display for your home. Hollow out the pumpkin to use as a tureen for your favorite hearty stew and you have once again set the stage for a well-deserved, eye-appealing dining experience. Or, prepare this twice-baked acorn squash recipe for an exceptional combination of healthful eating and visual appeal.

Our gardens, markets and grocery stores offer us an abundance of artistic mediums with which to create our own designs. Whether we choose to create a simple arrangement or an elaborate tapestry of colorful ingredients we deserve the enjoyment of a full culinary experience, from first glance to last bite.

Twice-baked Acorn Squash

1 medium acorn squash, washed
½ c. sliced yellow onion
1 T. olive oil
1 c. plain yogurt or low-fat sour cream
1 c. shredded low-fat cheddar cheese
½ t. sea salt
½ t. black pepper
¼ c. sunflower seeds

Cut squash in half and scoop out seeds. Place cut side down in baking dish. Add ¼ c. water to dish. Bake in 350-degree oven about 45 minutes, until squash is tender. Remove from oven. Cool 10 minutes.

While squash is baking, sauté onions in olive oil until lightly caramelized.

Carefully scoop pulp from squash leaving skin intact. Using paddle of mixer and large mixing bowl, mash squash and mix with remaining ingredients, reserving 2 T. of cheese and sunflower seeds. Refill shells with squash mixture and top with remaining cheese and sunflower seeds.

Return squash to baking dish and heat in oven until heated through, about 20 minutes.

[FOOD BITES]

Let them eat breakfast cake

By JOLENE PHILO

When school begins each fall, providing a healthy breakfast before the family walks out the door is important. But finding easy, healthy breakfast menus everyone likes is a challenge. A few years ago I found a recipe for breakfast cake in "Relish" magazine. But my family didn't go gaga over it until I took some of the sugar intended for the batter and used it to create a buttery, nutty filling.

Chock full of wheat flour and oatmeal, this cake has oodles of fiber. With fresh fruit or fruit juice, it makes a healthy, tasty breakfast. If your mornings are hectic, bake the cake in the evening. Better yet, make two and put one in the freezer for next week because your family will ask you to make this meal again.

Oatmeal Breakfast Cake

Batter:
1 cup all-purpose flour
1 cup whole wheat flour
1 cup old-fashioned oats
½ cup packed brown sugar
1/3 cup granulated sugar
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon cinnamon
½ cup vegetable oil
1 cup buttermilk
3 eggs

Filling:
½ cup chopped walnuts
¼ cup packed brown sugar
¼ cup melted butter



Heat oven to 350 degrees. Coat a 12-cup bundt pan with cooking spray. In a small bowl, mix filling ingredients and set aside. In a medium bowl, mix flours, oats, sugars, baking powder, baking soda, salt and cinnamon. In a separate bowl, whisk together oil, buttermilk and eggs. Add to dry mixture and stir until combined.

Spoon half of batter into pan. Spread filling evenly over the batter. Spoon the remaining batter over the filling layer. Bake for 30-35 minutes. Cool completely on a wire rack and remove from the pan. Makes 16 servings.

SEPTEMBER calendar

TUESDAY, SEPT. 1
Kid's Story Time, Reiman Gardens, 10 to 11 a.m. Bring the kids to Reiman Gardens to enjoy a creative morning with story time and crafts inspired by the featured children's books. Cost is free for CoHorts' members, price of admission for general public.

SATURDAY, SEPT. 5
ISU Carillon Festival 2009, 10 a.m. to 4 p.m., Iowa State University, Central Campus.

WEDNESDAY, SEPT. 8
White Ghost Shivers, 7:30 to 9:30 p.m., Stephens Auditorium. White Ghost Shivers is an eclectic American Band based in Austin, Texas, turning a mix of cabaret, jazz, vaudeville, hokum, western swing, hillbilly, jugband and ragtime into a theatrical and infectious good time.

THURSDAY, SEPT. 10
"The Loess Hills ... A Place Apart," presented by Don Wishart, professional photographer. Come to the Brown Bag Lecture at Reiman Gardens from noon to 1 p.m. Bring your lunch to the Gardens and enjoy an educational program.

FRIDAY, SEPT. 11
"The Circus Starring Britney Spears," 7 p.m., Wells Fargo Arena, Des Moines, $39.50 to $96, tickets are available at the Wells Fargo Arena box Office, all Dahl's Foods, online at dahlstickets.com, or charge by phone at (866) 55-DAHLS.

Monday, Sept. 14
"The Difficulty of Dating in a Hook-up Culture," lecture presented by Christine Whelan, a professor, journalist and author of "Why Smart Men Marry Smart Women" and "Marry Smart: The Intelligent Woman's Guide to True Love." 8 p.m., Gallery Memorial Union. Cost is free.

TUESDAY, SEPT. 15
Facets Ladies Expo, 4:30 p.m., Great Hall, Memorial Union. An evening of entertainment, informational presentations, refreshments and an opportunity to visit with area businesses that have women in mind. Tickets are $10 in advance, $15 at the door. Call Mindy Mills (515) 663-6941 for tickets or more information.

Floral Design Series workshop, 7 to 9 p.m., Reiman Gardens. Each month learn new floral design principles while creating your own unique floral arrangement to take home. Cost is $26 for CoHorts' members, $32.50 for general public, $19.50 for ISU students.

WEDNESDAY, SEPT. 16
Banned Book Jeopardy!, 7 p.m., Sun Room, Memorial Union. A Banned Book Week battle between two teams of literary mavens as they attempt to answer questions about banned books and their authors. Panelists include Ames Tribune editor Alexandra Hayne; Memorial Union director Richard Reynolds; Greenlee School of Journalism faculty member Barbara Mack; and English assistant professor Ben Percy.

THURSDAY, SEPT. 17
"Global Hopscotch: The Borderless World and the Search for Home," presented by Rekha Basu, 8 p.m., Sun Room, Memorial Union. Basu has been a columnist for the Des Moines Register since 1991 focusing on human rights, racial and gender issues and commenting on cultural trends. She has worked as a reporter, editorial writer and columnist at newspapers in Iowa, New York, and Florida. Cost is free.

MONDAY, SEPT. 21
"Emotional Intelligence Technology and Autism," 1 p.m., Alliant Energy-Lee Liu Auditorium, Howe Hall, ISU campus, presented by Rosalind Picard. Picard is the author of "Affective Computing," a book instrumental in starting a new field by that name. She is teaching machines to sense and respond more intelligently to people's emotions and to behave in ways that make more expressive communication possible. Cost is free.

Tea at Terrace Hill, 11:30 a.m. and 2:30 p.m., $32, call (515) 280-3450. Come have tea with Iowa's First Lady, Mari Culver.

TUESDAY, SEPT. 22
"Taking Control of Your Financial Future in Tough Times," 8 p.m., Sun Room, Memorial Union, presented by Jeanne Hogarth. Hogarth is the program manager for the Federal Reserve Board in Consumer Educations and Research specializing in consumer finance. She will discuss ways people can become more financially competent in today's financial markets with a special focus on access and affordability of higher education and student loan debt loads. Cost is free.

MONDAY, SEPT. 28
Michael Franti & Spearhead, 7:30 p.m., Monday, Sept. 28, Stephens Auditorium, Ames, all seats reserved $32.50, on sale at Stephens Auditorium ticket office and all Ticketmaster locations.

Something to look forward to

Q: *I have had the same boring, short hairstyle for years, what can I do to make it more fun? What is the latest trend for short hair? I have very thick, dark hair! Please help; I need some lift, fun, style and funk!*

A: *Today there are many fun trends that can be done with short hair. Here is what I see in the near future for trendy short hairstyles. Textured, filtered, or thinned short hair is the best. This is because most short hairstyles have a very blunt cut to them. The above techniques will give your hair more movement and style. I would suggest having your hairstylist use a razor on your hair to get the thinned out textured style instead of the heavy blunt short haircut. With the right product and a little blow drying time, you can achieve what I think is the upcoming trend for fall hair: Short, fun, cute and textured. Remember there are many different variations of short haircuts that work for different people. I would suggest seeking a stylist who is educated in razor cutting and is familiar with new trends. Some suggestions for products include waxes, pomades and finishing spray ... nothing too sticky or heavy though.*

Q: *I dye my brown hair its same natural color to get rid of the gray. I don't want to change my natural hair color at all (just the grays). Why does the color get an orange tint to it, especially in the summer? And more importantly, how can I avoid this? I do not have the money in my budget to get the dye professionally done, so I do it myself at home.*

A: *First of all, most dark to light brown colored hair's natural underlying pigment is a warm tone. Most store-bought box color manufacturers make warm pigment- based color, which means nine times out of 10 when you do this at home you are always going to have warmth in your hair. Warm tones are considered red, orange and yellow. This is why I would suggest seeking a professional because we have been trained on color so that we can cancel warm tones out when we apply the color as well as use a higher quality of color. However, for those who do not have money in their budget for professional hair color I would suggest that when buying store-bought color to look for colors with cooler tones that will cancel out the warmer tones. Cooler tones would be considered violet, ash and blue. This information should be on the box. However, box color is never guaranteed. The reason you may notice this more in the summer is because the sun brings out warm tones in the hair. The sun also gets rid of our natural pigment which brings out our underlying pigment, which in this case is warm and is why you notice the orange color. Box color is very easy to mess up and also very expensive to fix, always remember this while applying color in your kitchen.*

Do you have a question about hair? E-mail Joshua Duchene at thesalon2008@yahoo.com.

meet a faceted woman

Name: Kris Brend
Age: 43
Position: Executive Officer for Central Iowa Board of REALTORS®
Family: Husband Joe is a teacher at DMACC in Ames; daughter Abby is a junior at Iowa State University; and son Brandon is a sophomore at Ogden High School.



Kris Brend, right, attends the Iowa Association of Realtors awards night with Marty Lee, CEO of Iowa Association of REALTORS®, and Kristi Jerkovich, association executive for Southwest Iowa Association of REALTORS®.

What would you do with $1,000 to spend on yourself? On myself? That's a tough one … I would really rather take my family on a mini vacation.

Your favorite meal: Aunt Maude's Tequila Chicken Fettuccine.

Craziest fashion you ever wore: Probably the '80s "Flashdance" look

I never leave home without: My watch

Your favorite motto: Be nice because you can be. Grandma Toliver always said "pretty is as pretty does," which is similar. There really is no reason to be rude. A smile goes a long way.

What makes you happy? Spending time with family or friends. Sometimes we sample unique beers – that's always a fun time.

What makes you feel confident? Being completely organized.

What makes you laugh? Simple things make me smile, but our 16-year-old son thinks he's a comedian – he makes me laugh.

What have you accomplished that has made you proud? My family, the values my husband and I have taught our children. Work wise? I've been with the REALTOR association for 15 years. I never thought I'd stay at one job this long. Last year, I received the Omega Tau Rho award from the Iowa Association of Realtors; that was a great honor.

Do you believe in New Year's resolutions? Do you have one this year? No, they always seem like a great idea, but I never follow through. If I had one, I've forgotten it.

Best tip to look and feel great: Take the time to be "polished" — a crisp collar, polished shoes, wrinkle free clothing, accessories to compliment the outfit.

If you could do or be anything you want, what would it be? Director of a program for underprivileged people. I enjoy helping people.

If you knew then what you know now, what would you have done differently? I would have slowed down…taken the time to enjoy life more. I used to think everything had to be done before I went to sleep. I realized it will still be there and everything eventually gets done.

How do you reward yourself? A new outfit for a special occasion.

My idea of a nightmare job:
Something monotonous, there are never two days the same where I currently work and I like that aspect of my job.

My simplest pleasure: Time with my family, whether it's hanging out at home, going out to dinner or going shopping for the day – I just enjoy the time we spend together.

I crave: My grandma's homemade doughnuts.

I secretly love: To watch "Gossip Girl."

When I am an old lady: I hope I'm a great grandma, like my mom.

I am thankful for: The closeness I have with my family and friends. In this economy, I'm thankful I still have a job.

Favorite wardrobe staple: Shoes — cute shoes!

What financial advice would you give other women? Pay yourself first, no matter how small the amount is.

How do you give back to your community? I'm involved with committees and groups at our church. However, most of my volunteering is with the Ogden Athletic Booster Club. I lost my Dad to cancer and I've always wanted to be more involved the American Cancer Society.



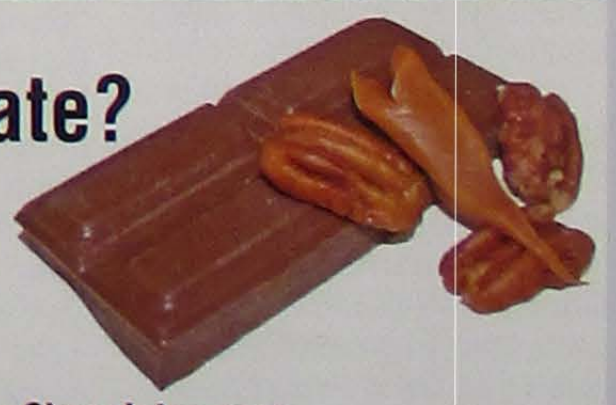
Kris Brend enjoys spending time outdoors.

Temptations on Main

What is your favorite kind of chocolate?

KRIS BREND

I like my chocolate simple...straight milk chocolate. Caramel and nuts are OK, but don't ruin it by adding fruit.



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No matter what your situation is The Ames Contracting Team can help...

When members of Paul and Renee Zosky's family need work done on their homes, Ames Contracting Team is the only contractor they will use. The Zoskys first hired the team to install an egress window several years ago and were instantly impressed. "We have used them for every single project we have done ever since because they are just so good," explained Renee. A glance at the most recent Zosky family projects illustrates her point.

Renee's mother Mary Johnson and the Zoskys' son and daughter-in-law Eric and Nicole both had their homes updated this year with dramatic results.

Johnson enjoyed a major remodel of her kitchen and had new flooring installed in the bathrooms of her townhouse. A large opening in the wall above her sink was added to open up the space. This is perhaps the most noticeable improvement to the home. "Its so much bigger and brighter," explained Renee, "and they framed it in wood to match the cabinets."

With the help of Thompson Electric, all new appliances were installed in the home. The Flooring Gallery replaced the carpet in the kitchen and baths with beautiful new vinyl and Geisinger Construction and Gibbs Heating and Cooling completed the team of professionals involved as wallpaper was removed, kitchen soffits repaired and cabinets replaced. With attention to even the smallest detail, the team impressed the Zoskys yet again. "They do the most beautiful drywall I think I have ever seen," said Renee. "My mother is very happy."

The younger generation of Zoskys are happy too. Their bathroom remodel has given Eric and Nicole Zosky's home a fresh new look. The crowning glory of the room is an impressive new surround tub complimented by a new vanity and mirror. Thompson installed a new fan in the space and the drywall was redone throughout.

As happy as the Zoskys are with the results of ACT's work, it is the process that most impresses them. "They give you ideas and they keep on top of the products that are available. They know what are the best products and they know what will hold up and what won't," explained Renee.

"One thing I like about them is they really keep things moving," she said, speaking of the team's ability to work efficiently and coordinate subcontractors effectively. "They get them there. They get it done and they move on. It just keeps going. There is no downtime. Its amazing."

Renee and Paul Zosky said their relatives are as pleased with Ames Contracting Team as they have always been. As Mary Johnson enjoys her bright new kitchen and Eric and Nicole Zosky show off their beautiful new bathroom, Paul and Renee have no doubt they will recommend ACT to others in the future. "These guys go out of their way to do things for you," they praised. "They do beautiful work!"











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Definition: Any loud clamor or protest intended to incite others to action.

By Mary Halstrum, *Facets Editor*

I'll be the first one to admit I'm not an art connoisseur by any stretch of the imagination. In fact, most of the art I possess was either given to me by my relatives or made by me when I was in junior high. I've never been to the opera, and if a theater production doesn't have one of the Disney princesses or Dora the Explorer as its main character, I probably haven't seen it and don't plan to. The symphony's not my thing either. Pretty much, I'm what some might label as "uncultured." However, that doesn't mean I don't know how important the arts are to a community and its well-being. After all, I may be uncultured, but I'm not ignorant.



For starters, art is thought provoking, and some can be downright controversial. There have been many times where one artist's work will be lauded by many and protested by others.

Art is interesting. I'll admit that sometimes I don't "get it," but then again, maybe I'm not supposed to.

Art is unique. No two works of art are the same even if they're made by the same artist. They're kind of like snowflakes in that way.

Art represents a wide variety of cultures. This is true especially in theater productions, several of which tour not only across the country, but across the world.

Art can be had for a wide range of prices, from next to nothing to millions of dollars. The average price of each print hanging on my walls at home — about $50. And the one thing I can't deny about those pieces, they make my home feel homier. So even though I am art-challenged — as any of you who read this column on a regular basis know — I do know the value of the arts is priceless, and I'm not talking about money.

Whether it's a fountain on a random corner, the mural on a business' wall, a sculpture at a local mall, the artwork one has in her own home, the live music during the weekends at Bandshell Park, the theater productions offered at the Iowa State Center or at any one of the local theater companies, art is everywhere. And thank goodness, as art makes a community vibrant.

When we're young we're taught to use our imaginations, to be creative. We pretend we're princesses or dragons or cowgirls with no fear. We learn to color by coloring outside the lines, and that's OK. We think outside the box, and that's accepted because we're kids. Somewhere along the way real life happens and some of us lose touch with that part of ourselves. We no longer color outside the lines or think outside the box. And that's a shame, because that's what true artists do. They express themselves through their art. It might be a reflection of their thoughts, feelings, political leanings or a myriad of things. And it usually doesn't fit neatly into some tiny, little compartment. How refreshing.

Speaking of the arts, on Sept. 27, The Octagon Center for the Arts 39th-annual Festival takes place from 10 a.m. to 5 p.m. in the Main Street Cultural District. There will be activities for the entire family, including a kids' craft area, food vendors and live entertainment. Artwork from approximately 120 artists from eight Midwestern states will be on display. Admission is free, so come check it out.

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Meet the Teacher
Zee Kroeschell



Educational profile:

- Began education & first career in Textiles & Business
- Went back to school for teaching degree, taught 1st & 2nd Grade
- Went back to school for Masters Degree, taught Special Education
- Went back to school to become a School Psychologist
- Became Director of Special Education in Park Ridge, IL

Philosophy:

"Be positive and enjoy the moment! Learning is it's own reward—you can never know enough!"

Zee continues to teach and share her passion for textiles & fashion to her grandchildren in her townhome sewing studio.

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